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Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE !

March 6, 1944.

S O Y A

Many of you, we know, have received this information, but in response to the numerous requests from Caterers just recently added to our mailing list, we are repeating the story of Soy with menus and recipes.

By Popular Request -- A repeat on Soybeans and their products:

Study and experiments show Soybeans high in food value and inexpensive to serve, making them a popular food for quantity feeding.

Because of the high quality protein content and other food values found in this common bean, they are successful as meat alternates, extenders, soup bases, main dishes, or as a vegetable. In fact, they can be used from Appetizers to dezZerts.

VEGETABLE Soybean ... Wash the dried "vegetable" soybeans and soak for twelve hours; then in the same water cook until tender. Flavor them with meat, onions, tomatoes, or any combination that is good with navy beans. Soybeans will not cook up like ordinary beans but hold their shape and nutlike texture when done.

TENDERIZED SOYBEAN -- Flakes and Grits -- These Soybeans require only a few minutes to cook. Whole or crushed into flakes or grits, they make delicious casseroles and are good in meat loaves, patties and as meat extenders. Many restaurant people prefer using grits and flakes in meat loaves, rolls and patties since there is less shrinkage of the meat and it stays more moist, - an important item when thinking in terms of the sales dollar and ration allotments.

(over)

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION
Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California
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Grits added to bread, muffins and especially pancakes will bring favorable comment from the customers. They are also tasty when added to fish dishes, omelets or cookies, and also with the breakfast oatmeal or wheat cereal.

THINGS TO REMEMBER:

Use about one fifth as much Soybeans as Meat when adding as a meat extender.

Grits and flakes blend better in bread, muffins, or meat dishes if an equal amount of boiling water is poured over them and allowed to stand five minutes to soften.

In cookies, leave the Grits crisp, --- gives a more nutlike flavor.

SOYBEAN FLOUR -- The easiest way of using Soybean Flour is to have on hand a mixture of Soybean and White Flour. For convenience, add three pounds of Soybean Flour to each twenty-four of White Flour to have ready to use at all times.

Foods with Soyflour brown quickly. Soy products give a richer brown to baked foods and a crisper crust to sausage, fried mush and potato cakes.

For a partial list of jobbers and wholesalers handling products containing Soya, we refer to the January 31 Bulletin.

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POTATOES ARE PLENTIFUL!

Help Move the Abundant Supply.

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GRAHAM CRACKER AND SOYA PUDDING.

Ingredients	Servings 20	50	100
Fat	5 Oz.	12-½ Oz.	1 Lb. 9 Oz.
Sugar	8 Oz.	20 Oz.	2-1/2 Lbs.
Eggs, well beaten	10 Oz.	25 Oz.	3 Lbs.
Graham Crackers	4 Oz.	10 Oz.	20 Oz.
Soya Grits or Flour	2 Oz.	5 Oz.	10 Oz.
Baking Powder	4 Tsp.	10 Tsp.	20 Tsp.
Salt	2 Tsp.	5 Tsp.	10 Tsp.
Milk	3½ C.	2 Qts.	4 Qts.
Nuts (if desired)	2 C.	5 C.	1-1/2 Lbs.
Vanilla	2 Tsp.	5 Tsp.	10 tsp.

Cream fat and sugar. Add Beaten egg, vanilla. Add dry ingredients alternately with milk. Fold in nuts. Bake at 350°.

HAMBURGERS

Ingredients	Servings 20	50	100
Soy Grits	10 Oz.	25 Oz.	50 Oz.
Milk	3-3/4 C.	2-1/4 Qts.	4-1/2 Qts.
Hamburger	2-1/2 Lb.	6-1/2 Lbs.	13 Lbs.
Onion, chopped	1/2 Lb.	1-1/4 Lbs.	2-1/2 Lbs.
Salt	5 Tsp.	12-1/2 Tsp.	25 tsp.
Pepper	1/2 Tsp.	1-1/4 Tsp.	2-1/2 Tsp.

Soak Grits in Milk about 5 minutes. Add rest of ingredients and mix thoroughly. Also serve as Salisbury steak with sauce.

Soya Meat Pie Pastry

One part Soyflour to three parts Enriched Flour makes a rich meat pie covering. Use Soyflour to thicken cream soups.

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